

October 2011 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/doa
 9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
3 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	4 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 6:30 Cultural Awareness	5 Center is Closed Join us at the Elder Expo	6 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	7 Center is Closed 1:00 *Y Fitness Club
10 Closed Enjoy the holiday	11 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 2:00 Beginning Spanish 3:00 Blood Pressure 5:30 Pizza Night 6:00 Stitching Post	12 9:30 Painting/Drawing Club 9:30 Blood Pressure 11:00 Exercise to Video 11:30 For the Health of It 1:00 *Y Fitness Club 1:00 Osteoporosis Program	13 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	14 Center is Closed 1:00 *Y Fitness Club MLK/FDR Memorials Trip
17 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Fraud Awareness	18 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night 5:30 Cards/Hand & Foot	19 9:30 Painting/Drawing Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve 1:00 *Y Fitness Club	20 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	21 Center is Closed 1:00 *Y Fitness Club Goddard Space Center Trip
24 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Y Fitness Club 1:00 Transportation Trivia	25 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 2:00 Beginning Spanish 3:00 Blood Pressure 5:30 Pizza Night 5:30 Games/Scrabble	26 9:30 Painting/Drawing Club 9:30 Blood Pressure 11:00 Exercise to Video 11:30 For the Health of It 1:00 Wii Bowling 1:00 *Y Fitness Club 1:00 Book Club 1:00 Legal Services & Government Benefits	27 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	28 Center is Closed 1:00 *Y Fitness Club
31 10:00 Stitching Post 11:00 Exercise to Video 1:00 Armchair Travelers 1:00 *Y Fitness Club 1:00 Cards/Games/Wii	<div> *You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change. </div>			